

## Siletz Tribal Energy Program highlights activities, asks for input

The Siletz Tribal Energy Program (STEP) is funded by grants from the Administration for Native Americans, the Department of Energy, the State of Oregon, the Bonneville Power Administration and the Environmental Protection Agency.

We have been around for two years now and hope you have seen us at events or read our articles in the newspaper.

### Where have we been?

- Culture Camps
- Pow-Wows
- Run to the Rogue
- Residential solar workshop
- Commercial solar workshop
- Community planning meetings in Siletz and area offices
- Earth Day events
- HRO meetings
- Summer and winter all-staff meetings
- Lincoln County Fairs
- Community Health Fairs in Siletz and area offices
- Healthy Traditions Garden Party
- Community dances
- Elders Honor Day
- Energy Challenge contest among staff
- Fourth of July decorating contest using recycled materials (for staff)
- Calendar Contest for youth (it's not too late to enter; the deadline has been extended to Oct. 15. See <http://tinyurl.com/stepcc> for more details)

### What do we do?

- Residential energy audits
- Residential weatherization retrofits, which may include providing Energy Star appliances

- Replace incandescent bulbs with CFLs (free)
- Facilitate commercial energy audits and retrofits
- Educate about energy efficiency and conservation
- Recycling – reduce, reuse, recycle
- Composting
- Provide training to those wishing to enter the weatherization field
- Develop and adopt energy codes for Tribal buildings
- Strategic planning for environmental sustainability
- Explore renewable energy options for the Tribe

### Who are we?

- Claire Wood, Project Coordinator
- Fawn Metcalf, Energy Technician
- Marleen Wynn, Weatherization Coordinator

### Where are we located?

- Planning Department, Siletz
- 107 SE Swan Ave., (old clinic building)

### How can you contact us?

- 541-444-8271 – phone
- 541-444-8362 – fax
- [step@ctsi.nsn.us](mailto:step@ctsi.nsn.us)
- Search for Siletz Tribal Energy Program on Facebook and “like” us

Please contact us with any questions or concerns, if you want to get involved in volunteering with us or if you would like to give input into the direction we should take. We look forward to hearing from you.

## October USDA distribution dates

### Siletz

Monday	Oct. 3	9 a.m. – 3 p.m.
Tuesday	Oct. 4	9 a.m. – 3 p.m.
Wednesday	Oct. 5	9 a.m. – 3 p.m.
Thursday	Oct. 6	9 a.m. – 3 p.m.
Friday	Oct. 7	9 a.m. – 3 p.m.

### Salem

Monday	Oct. 17	1:30 – 6:30 p.m.
Tuesday	Oct. 18	9 a.m. – 6:30 p.m.
Wednesday	Oct. 19	9 a.m. – 4:30 p.m.
Thursday	Oct. 20	9 – 11 a.m.

This is our second-place winner in the recipe contest. Wendi Schamp from the Siletz Community Health Clinic made it. She prepared a pot of this soup and I gave bowls of it out at lunchtime one afternoon. It's so good that people came from all over the administration building to try some.

### Easy Chicken Soup

- 1 whole chicken
- 1 can diced tomatoes
- 1 can tomato sauce
- 1 can green beans
- 1 can corn

- ½ bag baby carrots (diced)
- ½ head of cauliflower (bite-size pieces)
- ½ head cabbage (sliced)
- ½ large onion (chopped)
- 2 large russet potatoes (diced)
- 2 cups chopped zucchini (optional)

In a pot, cover the chicken with cold water, season with salt and pepper to taste and cook until falling off the bone. Remove chicken from the pot (save the water), cool, then remove the skin (toss it) and meat. Chop meat into bite-size pieces, set aside.

In your chicken water, add all the vegetables and chopped chicken. Add more water if needed. Stir ingredients and cook for 1 hour or until vegetables are tender.

NOTE: You can modify this recipe by adding different spices or other ingredients. Add cumin, red pepper flakes, jalapenos and rice for a Mexican soup. Add Italian spices and some pasta for an Italian soup.

You can reach us at our Siletz warehouse at 800-922-1399, ext. 1393 or 1279, or you can call direct at 541-444-8393 or 541-444-8279.

Joyce Retherford  
USDA Food Program Director  
Derek Simmons  
USDA Food Program Clerk

## Send in photos of Tribal veterans and current military personnel

We are trying to obtain photos of all Tribal members who are veterans or current military personnel. Photos can be e-mailed to [budl@ctsi.nsn.us](mailto:budl@ctsi.nsn.us) or brought to the Culture Office, where they can be scanned and immediately returned to you.

If you would like to mail a photo, please send to the Siletz Culture Office, attention Bud Lane, P.O. Box 549, Siletz, OR 97380-0549. The original photo will be mailed back to you.

Please identify the name of the person in the photo, branch of service and date of photo if possible. These photos will be part of the presentation at the Siletz Tribal Restoration Pow-Wow.

## Need caregiver information?

If you are a care provider and are interested in receiving more information, training and being a part of a support group, please contact Rachelle Endres at 541-444-8261 or 800-922-1399, ext. 1261, with your contact information.

## Sign up now for wing dress class

The Culture Program will have a wing dress (ribbon dress) class prior to the Restoration Pow-Wow for Tribal members who reside in the Siletz service area (Lincoln and Tillamook counties).

These dresses are for girls and women. Please contact Angela Ramirez, cultural education director, at 541-444-8230 or 800-922-1399, ext. 1230, to sign up for the class. Class size is limited as all supplies will be provided, so this will be on a first-come, first-served basis.

Class dates and times will be set by the need of the group that signs up. Sign up soon, pow-wow is just around the corner!

If you are interested in the Culture Program having other community projects, please contact Ramirez to submit your ideas.

For those who reside in the other service areas, contact your local office to find out what community culture projects they offer.

## Pow-wow merchandise available

Nesika Illahee Pow-Wow merchandise is still available for purchase! Sizes and colors are limited to what is on hand.

Call Angela Ramirez, cultural education director, at 541-444-8230 or 800-922-1399, ext. 1230, to purchase your 2011 T-shirts and sweatshirts.

Items available include:

- Adult Sweatshirts: M-XL \$25 (discounted from pow-wow). All other sizes sold out.
  - Pullover: Red, black, tan, gray, chocolate
  - Zipper: Pumpkin, white, black, red
- Adult T-Shirts: S-XL, \$15; 2X-5X \$20 – black, light gray, tan, red, kiwi green
- Youth T-shirts: S-L, \$10 – red, indigo blue, tan

## Head Start kicks off new year

By Lori Jay-Linstrom

School has begun and if you have not submitted your Head Start application or know of someone who has not done so, please send them in as soon as possible.

We have had our Head Start orientation for new and returning families and we are so excited to get on with the new school year. Even though school has started, we still would love to have your application.

If you have a child or know of a child who is between the ages of 3 and 4 and you do not have an application, please call 800-922-1399 or 541-444-2532 and ask for Head Start. We will send one to you.

## Childcare Assistance changes

If you are a working family, your child is an enrolled Tribal member or eligible to be enrolled in the Confederated Tribes of Siletz and live in the 11-county service area, you may qualify for the Childcare Assistance Program.

Effective October 2011, our Childcare Assistance Program will make minor changes to the program, including changes in the co-pay clients now will be required to pay.

For questions and or an application, please call 800-922-1399 or 541-444-2532 and ask for the Childcare Assistance Program.